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Chocolate Nut Oatmeal Protein Bars

Prep Time: 10 min. Cook Time: 10 min.

Serving size: 1 bar

Make 12 servings

Ingredients

3 cups oatmeal

1/2 cup organic virgin coconut oil

1/2 cup coconut sugar

1 cup almond milk

1/2 tsp pure vanilla extract

1/2 cup unsweetened cocoa powder

2 tbsp natural peanut butter

2 tbsp walnuts, chopped

1 serving vanilla Kasein

Directions

1. Stir the Kasein and oatmeal together in a large mixing bowl.
2. Melt the coconut oil in a pan set to low heat. Add unsweetened cocoa powder and coconut sugar.
3. Add the vanilla extract and almond milk to the pan. Stir well.
4. Stir chopped walnuts and peanut butter into the mixture in the pan.
5. Add the melted mixture to the oatmeal and Kasein and give it a final stir.
6. Line a baking tray with parchment paper. Spread the mixture onto the parchment paper, and refrigerate until cool. When they're cool, these are ready to go!